

# Eye Exercises & Stretches

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The American Academy of Ophthalmology (the Eye M.D.s Association) alerts computer users about eye strain and dry eye. While computer video display terminals are not known to damage vision, eye strain and dry eye are common problems. To help reduce your risk, it is highly recommended to sit one arms length from the computer monitor, a little farther away than reading distance, with the top of the screen at or below eye level, and follow the exercise below.

## Eye Comfort Exercises

1. Blinking (produces tears to help moisten and lubricate the eyes)
2. Yawning (produces tears to help moisten and lubricate the eyes)
3. Expose eyes to natural light

## Palming

1. While seated, brace elbows on the desk and close to the desk edge
2. Let weight fall forward
3. Cup hands over eyes
4. Close eyes
5. Inhale slowly through nose and hold for 4 seconds
6. Continue deep breathing for 15-30 seconds



## Eye Movements

1. Close eyes
2. Slowly and gently move eyes up to the ceiling, then slowly down to the floor
3. Repeat 3 times
4. Close eyes
5. Slowly and gently move eyes to the left, then slowly to the right
6. Repeat 3 times

## Focus Change

1. Hold one finger a few inches away from the eye
2. Focus on the finger
3. Slowly move the finger away
4. Focus far into the distance and then back to the finger
5. Slowly bring the finger back to within a few inches of the eye
6. Focus on something more than 8 feet away
7. Repeat 3 times

*Some portions adapted from: Office of Research Services, Division of Safety, National Institutes of Health*